

PYSA

Winter Footwork Challenge

#	U14 Core 400	Total Touches	Notes	Chart Completion Tracker										
				1	2	3	4	5	6	7	8	9	10	
1	Foundations	50	Alternate Feet											
2	Base Move	50	Alternate Feet											
3	Base Move + 2 Foundations + Outside Take	50	Alternate Feet (1 set = 4 touches)											
4	4 Foundations + Kick out	50	Alternate Feet (1 set = 5 touches)											
5	4 Foundations + Sole Roll	50	Alternate Feet (1 set = 5 touches)											
6	V-Turn + Pull-Pivot Turn (Left Side)	50	Alternate Feet (1 set = 4 touches)											
7	V-Turn + Pull-Pivot Turn (Right Side)	50	Alternate Feet (1 set = 4 touches)											
8	Pull-Push + L-Turn	50	Alternate Feet (1 set = 4 touches)											
TOTAL TOUCHES:				400	800	1,200	1,600	2,000	2,400	2,800	3,200	3,600	4,000	